

USACHPPM TODAY

Volume 4, No. 1

April 1997

A U.S. Army Center for Health Promotion and Preventive Medicine News Bulletin

USACHPPM TODAY has a new look!!

- Articles from USACHPPM-Europe
- Inside this Issue
- Laboratory Accreditation
- Water Supply Management
- Let Us Know
& much more



Readiness thru Health

USACHPPM TODAY

April 1997
Volume 4, No. 1

LET US KNOW

USACHPPM TODAY is published by the Public Affairs Office, U.S. Army Center for Health Promotion and Preventive Medicine. It is published quarterly and will keep you up-to-date on technical trends and what is happening at USACHPPM. Please make copies for your own contacts. If you were not mailed a personal copy and you want to be on the mailing list, have comments or questions concerning USACHPPM or any of its services, or wish to obtain any of the educational materials we have available, please contact us.

We receive many calls and comments from our readers on what they read - and what they would like to read. To those of you who have responded, "Thank You." Your input is important to us. To the rest of our readers, we would like to say "Let Us Know!" If you have specific questions or if there are any topics you would like to see covered, write or call us at:

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Directorate of Laboratory Sciences

LABORATORY ACCREDITATION

The American Association for Laboratory Accreditation (A2LA) conducted a dual assessment of the Directorate of Laboratory Sciences (DLS) recently. The purpose was to audit the quality system for compliance to the ISO/IEC Guide 25, "General Requirements for the Competence of Calibration and Testing Laboratories" and ISO 9001, "Model for Quality Assurance in Design, Development, Production, Installation and Servicing." The in-depth audit involved all levels of personnel and was designed to ensure that we met

all aspects of the standards. The result is that the assessors recommended A2LA reaccreditation under ISO/IEC Guide 25 and registration of the DLS quality system to ISO 9001. ISO/IEC Guide is applicable to analytical laboratories, while ISO 9001 is applicable to business and industry.

There are 14,000 companies registered to ISO 9001 in North America. One of the latest is Ford Motor Company, North America, which was awarded in December 1996. POC: Ms. Rosemary Gaffney, DSN 584-2208, 410-671-2208, or 1-800-222-9698.

THE DLS INTERNET HOMEPAGE



The DLS Internet HomePage provides a wide variety of services, information, and Internet pointers to our customers. Environmental Procedures Lists are available which offer comprehensive information on sample collection requirements, target compounds

for each procedure and their report limits, and costs. An updated Industrial Hygiene Procedures List will be available soon. Laboratory results and sample status reports can be accessed directly. Requests for laboratory services (USACHPPM Form 330-R-E) can be submitted directly to "sampnews", the DLS electronic bulletin board which is available to both internal and external customers. Internal customers with cc:Mail can access this bulletin board by typing #sampnews as the addressee. Customers outside of USACHPPM can e-mail #sampnews@chppm-ccmail.apgea.army.mil.

External links to other Internet HomePages of interest, such as USACHPPM, the Army HomePage, OHMIS, MSDS databases, the Code of Federal Regulations, and Indexes to U. S. Environmental Protection Agency Test Methods are provided. Internal links offer pointers to information such as USACHPPM TG 214, *Customer Service Manual*, DLS staff listings, the USACHPPM phone directory, e-mail/cc-mail tips, etc.

Come visit the DLS Home Page: <http://chppm-www/DLS/> and find out all of the information and useful tools which are available.

During the past year, DLS published the following Technical Guides (TG) which offer customers information on the services the DLS has to offer and guidance on how to use those services.

DLS CUSTOMER SERVICES

671-4408, or 1-800-222-9698, or by e-mail at:

pubs@aeha1.apgea.army.mil.

- USACHPPM TG 214, *Customer Service Manual*, July 1996 and January 1997
- USACHPPM TG 211, *Radiobioassay Collection, Labeling, and Shipping Requirements*, May 1996

Copies can be obtained by calling the Information Services Branch, DSN 584-4408, 410-

USACHPPM TG 214 is also available electronically on the DLS Internet HomePage.

The DLS is currently working on a major revision of USACHPPM TG 141, *Industrial Hygiene Air Sampling and Bulk Sampling Instructions*. This revision will include significantly more customer service information and an updated Industrial Hygiene Procedures List. Industrial hygienists and laboratory personnel worldwide have completed the review of the first draft. The update will be available during the summer of 1997.

Directorate of Health Promotion and Wellness

INTEGRATION THROUGH PRACTICE

The *Targeting Health: Stress Management*, is one of many health promotion publications from USACHPPM. The package can be used as a workbook by individuals to manage personal stress, as a presentation for small or large groups, or by installations to address stress-related concerns on an organizational level. The package is available in a ready-to-teach format that can be used by training officers and NCOs, Health Promotion Coordinators, and individuals desiring to improve their health and wellness. The workbook contains four 45-minute sessions - "Targeting Stress - An Introduction,"

"Personal Stress Management," "Workplace Stress," and "Stress on the Homefront." A special section includes: Stress and Nutrition; Stress and Fitness; Stress Management: A Guide for Senior Leaders; and Stress and Combat Performance. An evaluation component completes the package.

Performance Power...the Nutrition Connection (PPNC) is an educational package developed by the US Army Institute for Environmental Medicine and distributed by USACHPPM. PPNC was developed to improve soldier health and readiness by communicating performance nutrition information. Program

implementation does not require a health professional; it can be utilized at the unit level by training officers and NCOs. The PPNC package contains six modules - an instructor manual, participant manual, and videos. Initial distribution included Nutrition Care Activities, Health Promotion Coordinators, and Training Support Centers.

The *Army Put Prevention Into Practice (PPIP) Implementation Manual* provides guidance in incorporating PPIP into the Medical Treatment Facility (MTF). The manual contains "Lessons Learned" from other MTFs,



supporting journal articles, PPIP forms, briefing packages, PPIP bibliography and much more. It must be tailored to meet the local population needs, facility resources, personnel training requirements, medical information systems, and quality assurance activities. The Army's

goal is to encourage health care providers to offer preventive health services, such as mammograms, smoking cessation, and immunizations that will enhance readiness and improve quality of life. Most importantly, PPIP encourages a

partnership in prevention between the health care provider and the patient.

Additional information on health promotion activities can be obtained by contacting DSN 584-4656, 410-671-4656, 1-800-222-9698, or 410-612-7381.

MAKE THE DIFFERENCE IN THE LIFE OF A CHILD

The total number of children seriously injured by child abuse and neglect quadrupled between 1986 and 1993 according to the *Third National Incidence Study of Child Abuse and Neglect*. The magnitude of this increase in child abuse cases cannot be fully explained by improved reporting since the number of children who were **seriously** harmed increased by over 400,000 in this time period. It is unreasonable to assume that this number of seriously injured children existed during the data collection period of the previous study and escaped notice by community professionals.

The results of this study are alarming and underscore the need for early intervention and prevention efforts. Since most child abuse occurs in the home by family members, it is important to identify high-risk families and begin intervention before abuse occurs. The National Committee for the Prevention of Child Abuse (NCPCA) recommends home visitation as a primary strategy to protect children against child abuse and neglect. The NCPCA recommends home visitations be started during pregnancy or at birth when parents are most receptive to accepting assistance. The "visitor" should be a professional or a trained volunteer with professional support. The purpose of these visits should be centered on developing a relationship of trust with the family and empowering them with knowledge. In one study, participants in a home visitation program had

an 80 percent lower rate of abuse. Also suggested is regular training for care givers of young children, teachers, health care professionals, and police on recognition of abuse and neglect.

Most abusive parents love their children and want to be better parents. Programs that provide family support, increase knowledge of child development and parenting skills, and teach coping skills to handle stress are the most effective way to help abusive and potentially abusive parents.

No child is immune from abuse and neglect; however, the risk is greater for children whose families are experiencing poverty, unemployment, substance abuse, domestic violence, and other stressors. The consequences of abuse and neglect can lead to serious dysfunction in adult life.

Although most survivors of abuse do not have a criminal record, maltreatment in childhood increases the odds of future delinquency by 40 percent. Adults who have been abused as children can suffer from low self esteem, drug or alcohol abuse, troubled marriages, and difficulty raising their own children. These devastating negative effects can be averted by providing early intervention and prevention efforts.



Preventing child abuse should be everyone's concern. You can help in your own community by making even a small contribution. Here are 10 suggestions from the NCPA to get started:

- Support activities that raise public awareness during April, National Child Abuse Month.
- Volunteer at a local child abuse program. Parent support groups, crisis centers, and hot lines are typical programs that often welcome volunteers.
- Report suspected abuse or neglect. Keeping children safe means that everyone has an obligation to inform authorities if you have a reasonable suspicion that children are being harmed.
- Be an advocate for services to help families. Parenting programs, health care and housing needs are all important to maintaining healthy children and families.
- Speak up for nonviolent television programming.
- Make a contribution to a child abuse prevention organization.
- Help a friend, neighbor, or relative. Offer a sympathetic ear or a helping hand. Assisting occasionally with child care or offering to

locate sources of community help can be a tremendous boost to someone under stress.

- Help yourself. Recognize the signs that indicate outside help is needed. If you feel overwhelmed, constantly sad, angry, and out of control, get some help. Remember, it is a sign of strength not weakness to ask for help.
- Support and suggest programs on child abuse prevention sponsored by local organizations. Army Community Services, Parent Teacher Associations, church groups, and local service organizations all offer excellent opportunities for raising public awareness.
- Promote programs in schools. Teaching children prevention strategies can help keep children safe.

Information about child abuse and neglect can be found by contacting your local Army Community Services, the National Clearinghouse on Child Abuse and Neglect (800 FYI-3366) or the Military Family Clearinghouse (703-696-9053). Make a difference in the life of a child, take action to prevent child abuse and neglect! POC: LTC Tucker-Harris, DSN 584-4656, 410-671-4656, or 1-800-222-9698.

Occupational Health Management Information System (OHMIS)

OHMIS TRANSITIONS TO DEPARTMENT OF DEFENSE (DOD)

The OHMIS Management Office began its transition to the Defense Occupational Health Readiness System (DOHRS) Project Office in September 1996. Since that time, we have

augmented our office staff to include a deployment/training coordinator, an occupational health functional expert, and an administrative assistant to support the transition. Requests to the Navy and Air Force Surgeons General for Service representatives have been submitted in an effort to make this tri-service.

The DOHRS project manager

and technical manager are working with the Clinical Business Area representatives, Office of the Assistant Secretary of Defense for Health Affairs, to transition the occupational health (OH) information requirements into the Composite Health Care System (CHCS II). One of the many



objectives is to integrate the DOHRS with the CHCS II to allow OH providers to have direct access to CHCS data from their OHMIS/DOHRS workstations. This requirement is long overdue. The development of the DoD Hearing Evaluation Audiometric Reporting System (HEARS) application of DOHRS is underway and should be

completed later this year.

The OH/industrial hygiene representatives from the Army, Navy, and Air Force met recently in the National Capital Region to identify the DoD functional requirements for an automated system. Each group met separately and utilized a groupware software package to capture their requirements. The

meetings were facilitated by staff from the Defense Information Systems Agency, Falls Church, VA. The products of these meetings will be utilized to conduct a market survey as part of our DoD migration planning efforts. POC: Mr. William Monk, DSN 584-2926, 410-671-2926, or 1-800-222-9698.

Directorate of Environmental Health Engineering

Agency for Toxic Substances and Disease Registry (ATSDR)

The ATSDR was established to implement the health-related provisions of the hazardous waste cleanup programs. As the DoD Lead Agent for the Deputy Under Secretary of Defense (Environmental Security) and the ATSDR, the USACHPPM executes the Memorandum of Understanding between DoD and ATSDR, working with each military component to identify requirements and approved funding levels and then, negotiating an annual plan of work with ATSDR. The DoD Lead Agent conducts quarterly reviews of ATSDR work, thus ensuring consistency across the components, and serves as the first line dispute resolution authority between ATSDR and the components. USACHPPM is

also the Department of the Army liaison for ATSDR activities on Army installations. DoD personnel can access ATSDR services through the DoD Lead Agent Program or their service liaison.

At hazardous waste sites, ATSDR assesses, through public health assessments and health consultations, the presence and nature of health hazards, and recommends measures to minimize exposure and resulting illnesses. ATSDR also works on expanding the current knowledge and emerging science relevant to hazardous waste and adverse health effects from exposures to hazardous waste.

The public health assessments conducted by ATSDR evaluate hazardous substance releases, community health concerns, and health outcome data. The assessment has three parts: assessment of past, present, and future impacts on public health; development of health advisories

and recommendations; and identification of studies or actions needed to evaluate, mitigate, or prevent adverse human health effects, such as disease registries, epidemiological studies, health surveillance programs, or health education programs.

DoD also utilizes ATSDR health consultations (focused health assessments) to reduce costs of remedial actions while still protecting public health, and to address community concerns on remedial action projects or current operations.

ATSDR is mandated to develop toxicological profiles for more than 275 hazardous substances (209 are currently available). Twenty-five of these profiles were specifically prepared for DoD on materials, such as explosives and jet fuels. Each profile contains a public health statement which explains

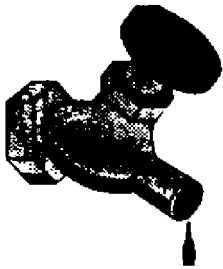


what each substance is, how exposure may occur, what is the possible health effect, what medical tests are available to determine exposure, and sources of further information. ATSDR has also condensed many of these statements to one page Chemical Fact Sheets which are available on the Internet, <http://atsdr1.atsdr.cdc.gov:8080/atsdrhome.html>.

ATSDR develops case studies in environmental medicine to serve as self-instructional exercises. These studies are designed to guide primary care practitioners through the diagnosis, treatment, and surveillance of persons exposed to hazardous substances. Although a seldom-used resource by the DoD community,

ATSDR also maintains an extensive emergency response program, (telephone 404-639-0615) to help communities and emergency response agencies minimize the health impact of environmental emergency events by providing remote and on-site support. POC: Dr. Kathleen Buchi, DSN 584-3897, 410-671-3897, or 1-800-222-9698.

Water Supply Management



The Water Supply Management Program announces the creation of a water supply management poster. The poster, 30" by 20", describes the process of drinking water treatment from source to tap. Both ground

water and surface water sources are included as well as regulatory requirements for water systems. This poster can be a valuable reference for environmental coordinators, water treatment plant operators, and

Department of Public Works personnel; however, it is easy enough for the layman to understand. Anyone involved with, or interested in, drinking water should find this poster informative. A copy of the poster is shown on pages 12 and 13.

You can have a copy of this poster by calling DSN 584-3919, 410-671-3919 or 1-800-222-9698 or e-mail chppm_dwater@chppm-ccmail.apgea.army.mil.

This technical guide prepared by the Water Supply Management Program (WSMP) updates two previously published Water Quality Engineering Division information papers. The document discusses bacterial organisms commonly found in drinking water systems and why total coliforms continue to be used as the indicator test group to determine contamination. The guide explains the National Primary Drinking Water Regulations, Total Coliform Rule for monitoring water systems. Additionally, recommended actions to follow when

Bacteriological Surveillance of Drinking Water Technical Guide 224

an Army installation encounters water system total coliform contamination are described.

This guide can be a valuable reference for Directorate of Public

Works personnel associated with providing installation water. Anyone involved with bacteriological compliance issues should find this guide very informative.

For further information, contact the WSMP at (410) 671-3919 or DSN 584-3919. E-mail requests can be sent to:

chppm_dwater@chppm-ccmail.apgea.army.mil.

Professional Development

The Third Annual Uniformed Services Recruit and Trainee Health Care Symposium is being sponsored by the USACHPPM and hosted by the Walter Reed Army Institute of Research, 19-21 May 1997.

The theme is "Reducing Attrition, Promoting Health." This multidisciplinary forum will include speakers and attendees from the Army, Navy, Air Force, Marines, and Coast Guard.

Topics for presentation and discussion include reducing rising attrition rates, establishing

THIRD ANNUAL UNIFORMED SERVICES RECRUIT AND TRAINEE HEALTH CARE SYMPOSIUM

evidence-based medical accession standards, preventing disease and injury among recruits, increasing physical fitness and promoting health among recruits, and preventing sexual harassment and sexual misconduct in the recruit environment. Continuing medical/health education credit will be awarded to registered attendees.

This conference is open to all health care providers and personnel officers from the uniformed services,

especially those who are involved directly with promoting the health and well being of our recruit populations.

For registration and course information, contact Mr. G. Michael Boyd, 202-782-4600; DSN 662-4600; or the course director MAJ Ralph L. Erickson, 202-782-1362, DSN 662-1362, or <maj_loren_erickson@wrsmttccmail.army.mil.

Industrial Hygiene Symposium

BG Patrick Sculley, Commander, USACHPPM, opened the 6th DA Industrial Hygiene Symposium in Denver, Colorado, in January. One hundred and thirty military and civilian industrial hygienists from around the world resisted the temptation of fresh powder at nearby ski resorts to spend an intensive week participating in lectures, workshops, and meetings. The symposium opened with lectures describing current initiatives at the U. S. Army Medical Command, DA, and DoD that affect Army industrial hygiene. Representatives from the Occupational Safety and Health Administration, several industrial hygiene professional societies,

USACHPPM, and Army installations delivered informative presentations on technical, legal, and administrative issues.

Symposium participants attended workshops in Leadership, Career Planning, Ethics, Time Management, Fitness/Nutrition and Stress, Communication, and Computer Applications. They listened to real-life success stories from installation industrial hygienists. The symposium allowed industrial hygienists to learn new skills, network, and share information. POC: Ms. Sandra Monk, DSN 584-2439, 410-671-2309, or 1-800-222-9698.

Training Courses

DATES	TITLE	LOCATION
5-8 May 1997	HEARS	Edgewood, MD, Comfort Inn
5-9 May 1997	LIMS/Framework Software	USACHPPM Pacific
5-9 May 1997	Transportation of Bio Medical Materials	San Antonio, TX
6-8 May 1997	Advanced Environmental Risk Communication	Seattle, WA
6-7 May 1997	Hearing Conservation (HEARS) Recertification	Edgewood, MD, Comfort Inn
7-9 May 1997	Complying with EPA Risk Management & OSHA PSM Regulations	USACHPPM
12-15 May 1997	HEARS Course	Edgewood, MD, Comfort Inn,
12-16 May 1997	Health Promotion Training and Certification/Cooper Course	Baltimore, MD Burkshire Hotel and Guest Suites
12-16 May 1997	AMEDD Radiation Health Sciences Course	Baltimore, MD Holiday Inn Inner Harbor
12-16 May 1997	Current Concepts in Environmental & Operational Medicine - 1997	To be announced
20-21 May 1997	Transportation of Bio Medical Material Refresher	USACHPPM
1-6 June 1997	27th Environmental Science & Engineering Practicum WS	Atlanta/Decatur, GA
2-6 June 1997	Ergonomics	Baltimore, MD Sheraton North/Towson
4-6 June 1997	Environmental Risk Communication Course/Covello	Pine Bluff, AR Holiday Inn
10-13 June 1997	Basic Waste Management Course	Tacoma, WA Sheraton Tacoma
18-20 June 1997	Environmental Risk Communication Course/Covello	Edgewood, MD Comfort Inn
23-25 June 1997	Environmental Risk Communication Course/Covello	New Orleans, LA

DATES	TITLE	LOCATION
7 July - 1 August 1997	Tropical Medicine Course	Uniformed Services School, Bethesda, MD. Holiday Inn, Bethesda
7-11 July 1997	Transportation of Bio-Medical Material	San Antonio, TX Crown Plaza St. Anthony
9-11 July 1997	Environmental Risk Communication Course/Covello	Kansas City, Kansas
21-25 July 1997	Ergonomics	Baltimore, MD Sheraton North/Towson
28 July - 1 August 1997	8th Army Health Promotion Conference	LaJolla/San Diego, CA Hyatt Regency LaJolla
6-8 August 1997	Environmental Risk Communication Course/Covello	San Francisco, CA/NAVY
26-28 August 1997	Advanced Environmental Risk Communication Course/Covello	TBD/NAVY DATES
9-11 September 1997	Environmental Risk Communication Course/Covello	San Francisco, CA/NAVY
21-26 September 1997	Army Occupational Health Course Preventive Medicine Officer's Symposium	Uniformed Services School Bethesda, MD Holiday Inn Bethesda

The course registration process requires an application form. Please FAX DSN 584-8197 or commercial (410) 671-8197 and request an application for the specific course/courses you're interested in.

If you have any questions concerning course descriptions and prerequisites, please contact Doris Knapp at DSN 584-8139 or commercial (410) 671-8139 or FAX your request to the above number.

NOTE: Dates and locations are subject to change.
Look for any updates on the worldwide web
at <http://chppm-www.apgea.army.mil/trng>



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You can have a copy of this poster by calling DSN 584-3919, 410-671-3919
or 1-800-222-9698 or e-mail **chppm_dwater@chppm-ccmail.apgea.army.mil**.

Ergonomics

Articulating keyboard trays are becoming a popular addition to the office workstation. Designed to save precious desk space and seen as an ergonomic quick fix, the articulating keyboard tray is standard equipment in modern offices. If the size of the tray is inadequate, however, the office worker may assume an awkward posture at the workstation and can experience discomfort. Some knowledge of office ergonomics can ensure that office workstations are arranged appropriately and that equipment is purchased to minimize the risk of musculoskeletal disorders.

The goal of ergonomics in an office setting is to prevent musculoskeletal disorders and to minimize discomfort by allowing the body to assume a neutral posture. Neutral posture is the natural position a body assumes when floating in water or is in an antigravity chamber. The neutral position is optimal because workers are able to work longer and faster. This position minimizes the stress on joints and muscles and promotes blood circulation. Ergonomists design workstations, tasks, tools, and equipment with the neutral posture in mind.

Keyboards and input devices should be located so that the body can assume a neutral posture. Articulating keyboard trays allow office workers to type at a keyboard in a neutral posture because the tray can be adjusted to the height which allows arms and shoulders to be relaxed at the side with the elbows positioned close to the body at 75- to 135-degree angles (Figure). However, many keyboard trays do not have enough space to support an input device. Check your own office workstation. If your desk has a keyboard tray, chances are that you have placed the input device on top of the desk where your arm and shoulder must extend in order to reach it. You have likely experienced some discomfort when reaching for the input device, but you were not quite sure what to do

OFFICE ERGONOMICS: INADEQUATE KEYBOARD TRAYS

about it. Placing input devices on the desktop rather than next to the keyboard on the keyboard tray is often due to lack of space on the keyboard tray. Keyboard drawers have the additional problem of walls at the edges. These walls may further limit the amount of space on the keyboard and input device surface. To decrease the strain on the upper arm and shoulder muscles, try sliding the keyboard to the edge of the tray to make room for an input device. If a mouse pad is necessary, slip the pad halfway under the keyboard to reduce the room required to accommodate it. Make sure that the keyboard remains stable while typing. This quick fix is a temporary solution for those who have a keyboard tray but do not use input devices frequently.

For those who depend on an input device for their daily work activities and desire a keyboard tray, purchase a keyboard tray that is large enough to accommodate the keyboard and an input device. Alternative keyboards may require specially designed trays to accommodate their unique shape.

Another quick fix is to examine the workstation to see if a keyboard tray is necessary. Often, there is enough room on the work

surface to locate the keyboard and input device on the desktop. Adjustments to the chair or desk height may be necessary in order for the body to assume a neutral posture. The arms should be relaxed at the side and elbow angles between 75 and 135 degrees. Feet should remain flat on the floor or on a foot rest. Consider pushing the keyboard tray out of the way or removing it to allow more leg clearance.

For more information about keyboard trays or office ergonomics, contact the CHPPM Ergonomics Program at DSN 584-3928 or commercial (410) 671-3928.

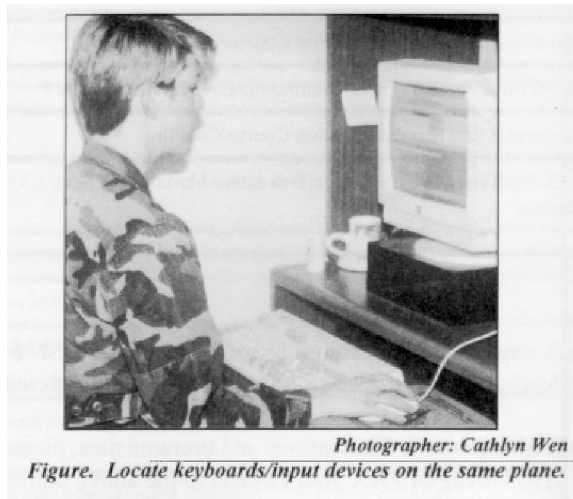


Figure. Locate keyboards/input devices on the same plane.

Direct Support Activity- South

ULTRA LOW VOLUME (ULV) PESTICIDE SPRAYERS

Spring is here, and the mosquitoes are waiting. Will you be ready to combat them on your installation? Please contact the Entomological Sciences Division to help you calibrate your ULV

pesticide sprayers. We will send you a droplet analysis calibration/sampling kit. The kit has all you need to collect the pesticide droplets from your sprayers. You send the samples to us, and we can confirm that your sprayer complies with U. S. Environmental Protection Agency (EPA) and Federal Insecticide,

Fungicide, and Rodenticide Act regulations.

POC: DSA South: Mr. Chandler or Mr. Kuhr DSN: 367-2564/2578 or 404-464-2564

DSA North: Mr. Neidhardt or Mr. Pagac DSN: 923-6502 ext 217 /215 or 301-677-6502

DSA West: Mr. Harrison DSN: 943-8090 or 303-361-3290.

DIRECT SUPPORT ACTIVITY - SOUTH

State microbiological and chemical drinking water laboratory certification is a periodic problem for many Medical Department Activity/Medical Center Preventive Medicine and installation Directorate of Public Works laboratories who wish to obtain certification. The Environmental Health Engineering Division at DSA-South is offering pre-certification assistance visits to help laboratories develop and implement quality assurance programs. The assistance visits normally last 3 or 4 working days, depending on the complexity of the laboratory. The project officer conducting the visit will review all quality assurance documentation including standing operating procedures, sampling plans, training requirements, and recordkeeping procedures, as well as actual work practices. The visit focuses

on ensuring that both work practices and quality documentation are in compliance with State regulations. If changes need to be made, the project officer will help the laboratory develop proper documentation on-site. This service can also be tailored to conduct a 1- or 2-day audit of service contract laboratories. A written assessment of compliance with State regulations and contract requirements is provided as a tool for assessing adequacy of the service being rendered.

LT Geoffrey Athey is currently leading this initiative. He is certified as a Federal EPA laboratory auditor and has completed the ISO 9000 and Guide 25 lead assessor training. In some instances, this will allow LT Athey to actually certify laboratories for the individual states. The Federal EPA laboratory auditor certification is required for all State and Regional auditors. LT Athey is currently the only active-duty DoD officer to hold this certification. POC: MAJ James St. Angelo, DSN 367-3235, 404-464-3235, or 1-800-793-8859.

Direct Support Activity - West

TRAINING FOR RESERVE FIELD PREVENTIVE MEDICINE UNITS

Members of the Entomological Sciences Division (ESD) are providing training to Preventive

Medicine Medical Detachments, both Active and Reserve components. Hantavirus surveys were selected as the training vehicle since the disease is endemic on most military installations as well as in many parts of the world where troops

are deployed. The preventive medicine soldiers are taught how to trap and handle field rodents and process the rodents to obtain blood and tissues for hantavirus



isolation. Strict personal protective equipment is used at the field site. The soldiers not only experience processing the rodents in protective suits provided by ESD, but can also spend time processing the samples while wearing these suits. This action not only protects the soldiers, but also

fulfills a real-world training requirement to perform their duties wearing the unit's protective equipment. In addition to the field work involving hantavirus, ESD also provides training on vector-borne diseases of military importance. Unit commanders feel this training is significant since their units often

train other preventive medicine and medical field unit personnel within the theater of operations they support. This training is not limited to field units, but is also provided to preventive medicine personnel at MEDDACs. POC: Mr. Harrison, DSN 943-8090 or 303-361-8090.

USACHPPM- Europe

FIELD PREVENTIVE MEDICINE (PM) OPERATIONS

Maximizing the effectiveness of field PM operations is the purpose of the Field PM Assistance Visit Program. The program is targeted at Army TO&E Division PM Sections and Corps-Level PM Detachments. The assistance visit provides field PM personnel with information and technical advice covering the full range of field PM operations. The on-site visits are conducted annually by officers from the Department of Environmental Sciences (DES), with additional visits scheduled to units if required due to mission deployment requirements. Follow-up support is provided by other USACHPPM-EUR technical experts, as required, based on the results of the visit.

The program has been so well received that DES is expanding the concept to provide semiannual 91S refresher courses. The course will cover all aspects of field PM, and all PM personnel in

DIAGNOSTIC RADIOLOGY

Continual quality improvement in diagnostic radiology is the emphasis of the Medical Radiation Protection Program. This program performs site assistance visits to medical treatment facilities within the European Theater to evaluate the performance of x-ray machines, evaluate the radiation protection program, and provide training in quality control procedures. As part of the ongoing training emphasis, the Medical Radiation Protection Program also offers a Diagnostic Radiation Protection Officers Course. This 2-day course is certified by the American Society of Radiological Technologists for 16 continuing education credits. The Medical Radiation Protection Program works hand-in-hand with the European Regional Medical Command radiation protection officer to evaluate and recommend actions which will improve and maintain the highest standards of image quality. POC: CPT Tonry, DSN 486-8551.

Europe will be eligible to apply to attend the class. Inquiries have been received from all three services and from PM personnel in non-US military units outside Germany. TDY costs must be borne by the traveler's unit; there is no tuition or registration fee. POC: MAJ(P) Logan, DSN 486-8540/8544.

CUSTOMER SATISFACTION

New capabilities foster improved program services and customer satisfaction. New equipment acquisitions and an increase in professional staff at the Environmental Engineering



Division (EED) have greatly improved the Soil and Groundwater Program services. Customer satisfaction and an expanding tri-service customer base validate improved performance.

New environmental sampling equipment includes the GeoProbe system, and the KECK submersible pump and downhole temperature, conductivity, and water level meter. The GeoProbe system provides advance sampling tools to collect soil, groundwater and soil vapor samples for chemical analysis, as a means of delineating subsurface contaminant plumes. This is an improvement from manual heavy duty soil sampling equipment because the GeoProbe can collect samples faster and deeper. The new groundwater sampling equipment improves efficiency and flexibility while sampling

from groundwater monitoring wells.

The new field screening equipment includes a Photovac 10S field gas chromatograph, a FOXBORO OVA 128, and ENSYS immunoassay petroleum testing kits. The OVA 128 is equipped with a flame ionization detector and can be used to determine the presence or absence of petroleum compounds in a sample. The Photovac is equipped with a photo ionization detector and has the capability to provide quantitative results about the presence of specific compounds. Immunoassay testing provides the capability to give semi-quantitative results about the presence of total petroleum hydrocarbons and other compounds. All of these field screening capabilities, in combination with our new GeoProbe, allows performance of

on-site subsurface contamination plume delineations by screening the samples taken and adjusting the sampling plan accordingly. This greatly reduces the numbers of samples submitted to environmental laboratories for analysis.

Customer comment cards, calls, letters, etc., indicate sincere satisfaction with the scope and quality of services provided by the team. The team is also now performing mission services for the U.S. Navy and U.S. Air Force in the Mediterranean basin and Saudi Arabia. The improved capabilities and performance resulted from innovation, persistence, and commitment, and will serve as the foundation for the program in the years ahead. POC: MAJ Jones, DSN 486-8558.

The Winter 1996 issue of the USACHPPM-EUR *Public Health Report* was published and is in distribution. It is published quarterly and summarizes communicable disease and injury data received from medical treatment facilities throughout the US Army - Europe Regional Medical Command. Feature articles typically include operational medical threat information, results of outbreak investigations, ongoing studies,

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handy public health "Fact Sheets," and discussion of relevant preventive medicine and health promotion issues.

The current issue contains articles about tuberculosis, cold injury prevention, and discussion of the 10 most frequently reported conditions in 1996 for the Army in Europe. Other articles address hearing conservation, airbag injury prevention in children, and

Operation Joint Endeavor disease and injury rates. The Public Health Report is currently distributed to health care authorities and commanders in USAREUR. If you wish to be added to the mailing list, please contact the Epidemiology Division, USACHPPM-EUR, Landstuhl, Germany. POC: Ms. Monika Pohle, DSN 486-8951, FAX 486-8938, email <Monika_Pohle@chppm-eur-ccmail.army.mil>.

SAVE YOUR VISION WEEK '97



For the second consecutive year, the Vision Conservation Office promoted eye health and safety during the American Optometric Association's Save Your Vision Week (SYVW), 2-8 March. Vision promotion packets were sent to all U. S. Army Optometry clinics in

Europe and selected US Air Force clinics in Europe. The packets contained media releases ready for delivery to community newspapers and local Armed Forces Network radio and television affiliates. Media releases were provided to the Armed Forces

Network, and the *Stars and Stripes* and *Kaiserslautern-American* newspapers. An article about eye safety appeared in the 28 February edition of *the Kaiserslautern-American*. The 8 March edition of *Stars and Stripes* featured an article on "Seeing Clearly" in their "Focus Home Front" section.

Increasing awareness of eye health and safety on and off the job is an important aspect of the U. S. Army Vision Conservation Program in Europe. If you need additional information or assistance in promoting vision in Europe, contact the Vision Conservation Consultant at Landstuhl, Germany, or one of the local CHPPM-EUR Occupational Health offices. POC: LTC Harrison, DSN 486-8237.

EPA AND DIN METHOD EQUIVALENCY INVESTIGATED

The DLS developed and conducted an intra-laboratory study to evaluate the equivalency of US Environmental Protection Agency (EPA) 418.1 and Deutsche Industrie Norm (DIN) H18 methods for the quantitation of total petroleum hydrocarbons. The goal was to determine if the two methods are comparable at the German "action level" of 1,000 mg/Kg, a critical factor in the determination of whether the German Ministry of Environment officials will accept data obtained through use of EPA 418.1. The two analytical methods are fundamentally similar with the major difference between the two methods being the reference standards employed. EPA 418.1 uses a three component reference standard mixture of n-hexadecane, iso-octane, and

benzene that exhibits an infrared (IR) spectrum similar to that of an unknown fuel mixture. The reference standard of choice for DIN H18 is squalane ($C_{30}H_{62}$), a compound found in large quantities in shark liver oil. The study consisted of chemists from CHPPM-EUR DLS, US Army Europe Material, Equipment, and Oil Analysis Laboratories, Inchcape Test Services Environmental and Mineral Laboratories in England, and Chemisches Laboratorium Dr. E. Wessling GmbH in Germany.

Three sets of soil samples and quality control specimens (obtained from Environmental Research Associates) were submitted to participants for analysis. Soil specimens were carefully homogenized by the DLS staff prior to shipment to participating laboratories in an attempt to reduce an anticipated matrix non-homogeneity. All participants of this international,

intra-laboratory cooperative used EPA 418.1 or DIN H18 with both sets of reference standards. Statistical analysis (z test, the F test or ANOVA, and the t test) of the data demonstrated no statistically significant differences between EPA 418.1 and DIN H18 data. The study clearly demonstrated that the EPA 418.1 and DIN H18 TPH methods are similar, comparable, and interchangeable. EPA 418.1 or DIN H18 can be utilized interchangeably with either of the two reference standards to yield scientifically valid data as long as the reference standard employed is stated on the final report. The data obtained from this international cooperative was submitted to, and evaluated by, the Forschungs- und Materialprüfungsanstalt Baden-Württemberg (FMPA). FMPA



issued a letter of equivalency stating that data generated by either EPA 418.1 or DIN H18 meets or exceeds any and all acceptable ranges established by the German Ministry of Environment. This study is an example of DLS's ongoing customer support and education program. By alleviating customer concerns regarding the use of EPA methods for German regulatory limits, DLS came one step closer to achieving total customer satisfaction. POC: Dr. Statham, DSN 486-8371.

REPRODUCIBLE HEALTH PROMOTION MATERIALS

One of the many services provided by the Department of Health Promotion and Wellness is the dissemination of health promotion materials to be used for patient education. All health educators in Europe looking for up-to-date handouts on topics, such as good nutrition and weight management, stress management, sports injuries, physical fitness, tobacco cessation, and comprehensive materials on health and well-being, should contact the Health Promotion Office, DSN 486-7099. POC: Ms. Mitvalsky, DSN 486-7099.

USACHPPM Newsletters

The following newsletters are published by USACHPPM and are available upon request. See inside cover for address.

- Army Health Connection (Directorate of Health Promotion and Wellness)
- OHMIS (The Occupational Health Management Information System News Bulletin)
- FOCUS on Lyme Disease (Directorate of Occupational Health Sciences)
- Pest Management Bulletin (Directorate of Occupational Health Sciences)
- MSMR Medical Surveillance Monthly Report (Directorate of Epidemiology and Disease Surveillance)
- The Army Industrial Hygiene Program Newsletter (Directorate of Occupational Health Sciences)
- Let's Talk Safety - Healthcare Hazards Information Line (Directorate of Occupational Health Sciences)
- Hygeia (Deputy Chief of Staff for Operations)
- Targeting Health (Directorate of Health Promotion and Wellness)
- CHPPM-EUR Wellness (Health Promotion and Wellness Department, USACHPPM-Europe)
- Public Health Report (USACHPPM-Europe)





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